



WIC Offers Learning Sessions for New eWIC Card System



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BRATTLEBORO – As Vermont WIC is moving from a home delivery system to a retail eWIC card system, the Health Department is leading learning sessions throughout October in Brattleboro, Wilmington, Westminster and Townshend.

Starting in November, new Brattleboro WIC participants will have one card they can use to choose all their WIC foods at the grocery store.

"It is like a food package on a card," said Prudence MacKinney, Brattleboro district director. "WIC participants will have greater flexibility and convenience with the new system."



At the 20 minute learning sessions families can find out what to buy, where to shop, and how to keep track of purchases. Families will have new options for foods available through WIC including yogurt, whole wheat pasta, and tortillas and an expanded variety of brands for current WIC foods such as eggs, dairy, cereal, whole grains, and peanut butter.

Throughout most of Windham County the card will be mailed to current WIC participants in November. Starting December 1 families can use the card to buy their WIC foods in the store.

All WIC families who attend a learning session will receive a new Food Guide Booklet and have a chance to win one of five new slow cookers.

"We are kicking off the learning sessions at the RVCU Kids Fair on Saturday, September 19 on the Brattleboro Common," MacKinney said. "We're hoping to make the change from the home deliveries to the cards as easy as possible."

Learning session dates and times are:

- Sep. 19:** 11 a.m. to 3 p.m. Brattleboro Town Common (RVCU Kids Fair)
- Oct. 02:** 10 a.m. to 2 p.m. Brattleboro State Office Building, 232 Main St, WIC waiting room
- Oct. 07:** 12 p.m. to 4 p.m. Brattleboro State Office Building, 232 Main St, WIC waiting room
- Oct. 07:** 9 a.m. to 3 p.m. Wilmington St. Mary's in-the-Mountains Church, 13 East Main St
- Oct. 15:** 3 p.m. to 6 p.m. Brattleboro State Office Building, 232 Main St, WIC waiting room
- Oct. 19:** 12 p.m. to 3 p.m. Brattleboro State Office Building, 232 Main St, WIC waiting room
- Oct. 20:** 9 a.m. to 3 p.m. Westminster, SEVCA, 91 Buck Drive
- Oct. 22:** 10 a.m. to 2 p.m. Townshend Public Library, 1971 VT Route 30
- Oct. 28:** 1 p.m. to 4 p.m. Brattleboro State Office Building, 232 Main St, WIC waiting room

WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) has been helping pregnant women, new mothers, and young children for more than 40 years eat well, learn about nutrition, and stay healthy. WIC is designed to serve income-eligible pregnant women, women who are breastfeeding or who have a new baby, infants, and children up to age 5. In the Brattleboro District, more than 750 individuals are currently served by WIC.

To learn more about the Brattleboro area learning sessions, or the new eWIC card, please call the Vermont Department of Health **Brattleboro office** at 802-257-2880.

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